

Feed-back Informed Treatment (FIT)

FIT is an evidence-based practice under consideration for use in Iowa's CCBHC program. FIT is an approach for evaluating and improving the quality and effectiveness of behavioral health services. It involves gathering feedback from clients regarding the therapeutic relationship and using the information to guide service delivery. FIT utilizes two brief scales at each treatment session: Outcome Rating Scale (ORS) and Session Rating Scale (SRS). The ORS seeks information from the client's perspective on their therapeutic progress and perceived benefit of treatment while asking about the person's level of distress and functioning. The SRS seeks the client's perception of the therapeutic alliance.

An overview of FIT is available on April 19, 2016 at the Governor's Conference sponsored by the Iowa Department of Public Health, Division of Behavioral Health, and the Iowa Gambling Treatment Program. Registration information for the Governor's Conference can be found at <https://www.trainingresources.org/Events.aspx>. Registration is limited and priority will be given to substance use providers contracted with IDPH.